



10. Deisterberglauf
Barsinghausen / 15.09.2013

Detailed evaluation

Fricke, Thorben

Club: Herford Mohawks
Number: 100

Course: 9.70 km
10 km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 54:53

Speed: 9.84 km/h
Running performance: 5:40 min/km

Rank in course/Total: 42 (of 73)

Rank in course/Men: 31 (of 49)

Best time in course: 38:37

Rank in category: 1(of 2)

Best time in the category: 54:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.30	21:05	6:23	1	-	30	5:50	3.30	21:05	6:23	1	-	1	-
Lap 2	1.70	11:25	6:42	1	-	32	3:47	5.00	32:30	6:30	1	-	6	
Lap 3	2.10	9:48	4:40	1	-	31	2:55	7.10	42:18	5:57	1	-	6	
Last lap Finish	2.60	12:35	4:50	1	-	30	3:46	9.70	54:53	5:39	1	-	31	16:16